



Spicy Turkey Soup

(makes 4 servings)

Turkey drumsticks can be quite large so use a wide soup pot or get the butcher to use his muscle to chop it in two. You can play around with the spices in this soup and make it more or less herby, spicy, 'hot' or 'cool' and use smoked bacon to add a smokey note. You can also use frozen broad beans instead of or with the peas - experiment!

Ingredients

- 1 tablespoon light olive oil
- 1 large clove garlic, peeled and crushed
- 1 red chilli, deseeded and finely sliced
- 1 onion, peeled and finely chopped
- 1 bunch spring onion, cleaned and finely sliced
- Small pack of pancetta cubes or 75g lean bacon, cubed
- 1 teaspoon dried oregano
- Pinch cayenne pepper
- Pinch ground cumin
- Freshly ground black pepper
- 1 x 400g tin peeled chopped tomatoes
- 1 litre chicken or vegetable stock
- 1 bay leaf
- Good pinch of sea salt
- 1 turkey drumstick or 2 chicken legs, skin off
- 3 tablespoons frozen peas
- 1 good handful fresh coriander or parsley leaves, chopped
- Fresh lime juice

Method

Warm the oil in a soup pot, add the garlic, chilli, onion and spring onions and sauté very gently for 10-15 minutes until the onions are soft and translucent (don't let them brown).

In a small non-stick frying pan, sauté the pancetta/bacon until it is just browned around the edges. Drain on kitchen paper before adding to the soup pot.

Add the oregano, cayenne pepper, cumin and a few grindings of black pepper and stir well.

Add the tomatoes, stock, bay leaf, salt and turkey/chicken drumsticks and bring slowly to the boil, quickly reduce the heat and simmer gently until the meat is cooked and falling off the bone (around 35 - 40 minutes).

Add the frozen peas and simmer for another 8-10 minutes.

Remove the bay leaf, transfer the turkey or chicken to a board and shred the cooked meat with a couple of forks before returning to the pan for a couple of minutes.

Top each bowl of soup with the chopped coriander/parsley and add a splash of fresh lime juice before serving.